## Community Room Schedule

Join us for upcoming wellness and social events!

**In case of inclement weather, please call ahead**

### Event location:
Geisinger 65 Forward  
499 Wyoming Avenue  
Kingston, PA 18704  
570-714-3050

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td><strong>New Year’s Day</strong></td>
<td>Clinic Closed</td>
<td><strong>Open Gym Day</strong></td>
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</tbody>
</table>
| 1      |         | **Open Gym Day** |       | Strength & Stretch  
3 – 3:45 p.m.  
(limit 8 participants) |
| 6      | 7       | **Open Gym Day** | New Patient  
Orientation  
10 – 11 a.m.  
(limit 8 participants)  
Open Game Play  
11:30 a.m. – 12:30 p.m.  
(limit 8 participants) | **Open Gym Day**  
Circuit Training  
9 – 9:45 a.m.  
(limit 8 participants)  
Open Game Play  
10 – 11 a.m.  
(limit 8 participants)  
Chair Yoga  
10 – 10:45 a.m.  
(limit 8 participants) | **Open Gym Day**  
Coffee and Convo  
10 – 11 a.m.  
(limit 8 participants)  
Winter Snowman Craft  
1 – 2 p.m. |
| 13     | 14      | **Open Gym Day** | **Open Gym Day**  
Circuit Training  
9 – 9:45 a.m.  
Chair Yoga  
10 – 10:45 a.m.  
Maintain Don’t Gain  
Weigh-out  
1 – 3 p.m.  
(limit 8 participants) | **Open Gym Day**  
Maintain Don’t Gain  
Weigh-out  
9:30 – 11:30 a.m.  
Strength & Stretch  
3 – 3:45 p.m.  
(limit 8 participants) | **Open Gym Day** |

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<tr>
<td><strong>Open Gym Day</strong></td>
<td><strong>Open Gym Day</strong></td>
<td><strong>Open Gym Day</strong></td>
<td><strong>Heart Health Class</strong></td>
<td><strong>Open Gym Day</strong></td>
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<tr>
<td><strong>Strength &amp; Stretch</strong></td>
<td><strong>Winter Snowman</strong></td>
<td><strong>Circuit Training</strong></td>
<td><strong>Open House</strong></td>
<td><strong>Strength &amp; Stretch</strong></td>
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<tr>
<td>3 – 3:45 p.m.</td>
<td>Craft</td>
<td>9 – 9:45 a.m.</td>
<td>2 – 4 p.m.</td>
<td>3 – 3:45 p.m.</td>
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<tr>
<td>(limit 8 participants)</td>
<td>10 – 11 a.m.</td>
<td>Chair Yoga</td>
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<td><strong>27</strong></td>
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<tr>
<td><strong>Open Gym Day</strong></td>
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<td><strong>New Patient Orientation</strong></td>
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<td>3 – 3:45 p.m.</td>
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<td>9 a.m. – 9:45 a.m.</td>
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Community Room Information

What you need to know:
- Mondays, Wednesdays and Fridays will be open gym days in the community room. Come in anytime during normal business hours (8am-5pm) to use the fitness equipment.
- Tuesday and Thursdays will be reserved for meetings, social activities and educational classes/seminars. The fitness area will be closed on these days.
- If you see an (*) next to a class, registration is required. Please call us at 570-714-3050 to get on the class list.

Class Descriptions:
- **New Patient Orientation** – Meet the doctor! Learn why 65-Forward was started and what makes it a unique healthcare experience! Patients will have an opportunity to ask questions, meet the staff and tour the facility. Please call to register.

- **Maintain Don’t Gain Weigh-Ins** – Holiday weight maintenance program. Weight gained over the holidays tends to stick around for the rest of the year. Information will be provided to help you stay healthy during the holiday season. Goal is to not gain more than two pounds from initial weigh-in. Will have a mid-point weigh-in in December and then the final weigh-out in January.

- **Circuit Training** – 45-minute exercise class that includes cardio and strength exercise stations to improve strength, cardiovascular fitness and agility. Beginner to intermediate level. Limit 8 participants per class.

- **Strength and Stretch** – 45-minute exercise class that includes light resistance training and stretching to improve strength and flexibility. Beginner to intermediate level. Limit 8 participants per class.

- **Chair Yoga** – 45-minute exercise class to improve strength, flexibility, and reduce overall stress, all while sitting on a chair! This class is designed for beginners.

- **Coffee and Convo Series** – Join us for a cup of coffee and conversation about all different topics; diabetes, healthy eating, stress awareness, etc.

- **Healthy Eating** - One-hour class focused on good nutrition, healthy eating, and tips to improve your diet for older adults. Limit to 8 participants per class.

- **Heart Health Class** - One-hour class focused on how to decrease the salt and sodium in your diet for heart health while maintaining good taste and good nutrition! Limit to 8 participants per class.

- **Winter Snowman Craft** - Join us for a fun winter craft! Do you want to build a snowman?